

BASE SEATTLE CUTTERMAN'S DINING FACILITY

June 19 - June 25

	BREAKFAST MON - FRI 0600 - 0730 SAT, SUN, HOLIDAY 0730 - 0830	BREAKFAST NUTRITIONAL INFORMATION Serv/Calories/Fat/Carbs/Protein	LUNCH MON - FRI 1100 - 1230 SAT, SUN, HOLIDAY 1100 - 1230	LUNCH NUTRITIONAL INFORMATION Serv/Calories/Fat/Carbs/Protein
M O N D A Y	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Home Fried Potatoes Buttermilk Pancakes Sausage Gravy & Biscuits Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q 1ea/130/8q/14q/1q 2cakes/147/1.9q/27.9q/4q 2halves/460/29q/29q/20q 1 cup/150/0/26.9q/1.2q Varies	Hamburger Soup Outback Chicken Breast Creamy Mashed Potatoes Buttered Broccoli Honey Butter Rolls Oatmeal Raisin Fresh Salad Bar Soda/Milk/Juice/Coffee	1cup/97.7/0.7q/22.5/2.2q/ 1ea/240/14.5q/23q/10q 1ea/381/20.8/29.5q/16.5q/ 4oz/371.3/30.4q/23.1q/2.2q 100q/61/0q/16q/0q 1ea/190/4.5q/24q/2q Varies
T U E S D A Y	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Home Fried Potatoes Traditional French Toast Breakfast Burritos Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q 0.5cup/182/82.3q/23.2q/2.7 Varies 1cup/420/24q/33q/19q 1 cup/150/0/26.9q/1.2q Varies	Mexican Street Corn Chowder Chuletas Frita Arroz con Gandules Boiled Cassava Root With Onions Tres Leches Chips/Sour Cream/Salsa/Guacamole Fresh Salad Bar Soda/Milk/Juice/Coffee	292/9q/22q/30q/ 538/226/14q/13q/16q .5c/110/9q/42q/7q 1ea/112.7/3.1q/24.1q/3.5q 1ea/170/8q/22q/2g Varies
W E D N E S D A Y	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Shredded Hashbrowns Buttermilk Pancakes Hawaiian Breakfast Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q 1ea/130/8q/14q/1q 2cakes/147/1.9q/27.9q/4q Varies 1 cup/150/0/26.9q/1.2q Varies	French Onion Soup Meatloaf Velveeta Mac n Cheese Rosemary Focaccia Bread Fudge Walnut Brownies Frosted Cake Fresh Salad Bar Soda/Milk/Juice/Coffee	1c/60/0.5q/13q/3q 0.5cup/182/82.3q/23.2q/2.7 8ea/150/6q/22q/2q 0.5c/340/1q/58q/3.8q 5c/110/9q/42q/7q 01ea/350/14q/53q/4q .5c/110/9q/42q/7q 1ea/170/8q/22q/2q Varies
T H U R S D A Y	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Breakfast Potatoes "French Toast Of the Week" Sausage Gravy & Biscuits Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q 1ea/130/8q/14q/1q 2oz/100/8q/5q/3q 1ea/50/.8q/10.5q/.9q 1 cup/150/0/26.9q/1.2q Varies	Hot And Sour Soup Spicy Honey Garlic Chicken Vegetable Yakisoba Noodles Garlic Bok Choy Pot Sickers with Potsticker Sauce Ube Bibingka Fresh Salad Bar Soda/Milk/Juice/Coffee	6oz/69/4.6q/4.9q/2.5q 198q/260/10q/37q/9q 0.5c/133/0.2q/30.5q/2.6q 1c/520/0q/0q/0q/0q 1c/33.8/1q/4.5q/2q 1ea/117.3/4.8q/17.5q/1.6q 01ea/350/14q/53q/4q Varies
F R I D A Y	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Potatoes O'Brien Waffles w/ Berries & Cream Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q 0.5cup/182/82.3q/23.2q/2.7 Varies 1ea/180/9q/22q/3q 1 cup/150/0/26.9q/1.2q Varies 1/320/1q/71q/11q 1 cup/110/.5q/25.8q/1.7q	Tomato Soup With Goldfish Crackers Balsamic Glazed Tuna Steaks Bacon Brussel Sprouts Beef Burgers Thin Cut French Fries Cucumber Salad Blueberry Cobbler Fresh Salad Bar Soda/Milk/Juice/Coffee	3c/130/5q/20q/8q 6oz/69/4.6q/4.9q/2.5q .5c/197.2q/11.1q/22.5q/2q 1ea/80/.5q/20q/3q 1ea/150/6q/0q/24q 1c/33.8/1q/4.5q/2q 1 cup/150/0/26.9q/1.2q Varies
S A T U R D A Y	Eggs to Order Bacon or Sausage Hash Brown Patties Chef's Choice Pancakes, French Toast or Waffles Fresh Fruit Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q Varies 1 cup/150/0/26.9q/1.2q Varies	Made to Order Grilled Cheeseburger (or) Grilled Chicken Sandwich with French Fries or Onion Rings Chef's Choice "Wrap of the Day" Assorted Chips Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/Coffee	1ea/580/22/55/35 1ea/330/12/33/15 1ea/248/11/13/2 4oz/543/11/13/2 1c/200/15/20/14 Varies Varies
S U N D A Y	Eggs to Order Bacon or Sausage Hash Brown Patties Chef's Choice Pancakes, French Toast or Waffles Fresh Fruit Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2eggs/143/9.5q/0.7q/12.6q 2slice/80/7q/1q/5q Varies 1 cup/150/0/26.9q/1.2q Varies	Made to Order Grilled Cheeseburger (or) Grilled Chicken Sandwich with French Fries or Onion Rings Chef's Choice "Wrap of the Day" Assorted Chips Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/coffee	1ea/580/22/55/35 1ea/330/12/33/15 1ea/248/11/13/2 4oz/543/11/13/2 1c/200/15/20/14 Varies
	DRAFTED BY CS2 Mary A. Correa FOOD SERVICE SPECIALIST	REVIEWED BY LCDR C. L. Weber COMPTROLLER	REVIEWED BY CSCS N. M. Johnson FOOD SERVICE OFFICER	APPROVED BY CAPT S. T. Romanowicz COMMANDING OFFICER

*Disclaimer: Nutritional values are based on a 2000 calorie diet. The caloric values per item are just an average.

Values may differ depending on your calorie needs and consumption*

:: All meal hours are final unless specified otherwise ::

The Galley offers a Dinner To-Go option, please inquire at the Galley NLT 1300. Phone & Email orders will not be accepted.